

## CLAIM AMENDMENTS:

1-7 cancelled

8. (new) An adjustable-length pole, the pole comprising:

at least one outer tube;  
an inner tube structured and dimensioned for insertion into said outer tube in a telescoping fashion for adjusting a length of the pole;  
an inner limit stop disposed at an end of said inner tube;  
an adjusting screw axially oriented within said outer tube and supported in a rotationally fixed manner on said end of said inner tube;  
an exterior limit stop disposed on a free end of said adjusting screw;  
a spreading element, said spreading element structured to be radially pressed apart, said spreading element having a bore defining an inner cone, said inner cone opening towards said end of said inner tube, said spreading element disposed between said inner limit stop and said exterior limit stop such that it can move axially within narrow limits; and  
an axially moveable interior element having an outer cone structured, dimensioned, and disposed for cooperation with said inner cone of said spreading element, said interior element having an internal threaded bore cooperating with said adjusting screw, wherein said spreading element and said interior element cooperate to form a spreading device supported at axially said end of said inner tube, said spreading device for clamping said inner tube within said outer tube.

9. (new) The pole of claim 8, wherein the pole is a stick.
10. (new) The adjustable-length pole of claim 8, wherein said spreading element is configured in a pot-like fashion, wherein a pot base is penetrated by a free end area of said adjusting screw, facing away from said inner tube.
11. (new) The adjustable-length pole of claim 8, wherein said spreading element comprises a cylindrical shoulder having a smaller exterior diameter and facing said inner tube, said shoulder being axially guided at one area of said end of said inner tube.
12. (new) The adjustable-length pole of claim 8, wherein said exterior limit stop is formed by a cap that is axially secured at said free end of said adjusting screw after said spreading element has been set in place.
13. (new) The adjustable-length pole of claim 8, wherein said exterior limit stop is formed by a head that is molded onto said free end of said adjusting screw, with said spreading element having a peripheral slot that extends along an entire axial length of said spreading element.
14. (new) The adjustable-length pole of claim 11, wherein said spreading device has a plug that accommodates said adjusting screw in an axial and rotationally fixed manner, said plug being supported axially and in a rotationally fixed manner in said inner tube and defining said inner limit stop, said plug having an axially protruding guide member cooperating with said cylindrical shoulder of said spreading element.

15. (new) The adjustable-length pole of claim 8, wherein said interior element has one or more radially protruding fins, which are guided in axial slots of said spreading element.